

What you need to know about all classes offered at Nienhuis Park Community Center 3201 N. 9th (55th and Lynn Lane)



City of Broken Arrow
918-355-0287



<u>Sunrise Striders</u>	<u>Tiny Tikes Tumbling</u>	<u>Tap</u>	<u>Pom</u>
<u>7:00a-9:00a M-F</u>	<u>9:30a-10:00a M</u>	<u>5:30p to 6:30p M</u>	<u>5:30p-6:00p T</u>
<u>All Ages</u>	<u>Ages 1-3</u>	<u>Ages 6 and Up</u>	<u>Ages 2-5</u>
<u>Both Gyms</u>	<u>NSMR</u>	<u>NSMR</u>	<u>NSMR</u>
<u>Free</u>	<u>\$40.00 per session</u>	<u>\$70.00 per session</u>	<u>\$40.00 per session</u>
Free program offered to the community for a safe environment to walk, free of uncontrollable weather conditions.	<u>2 month sessions</u> Toddlers will learn how to stretch and do correct tumbling.	<u>2 month sessions</u> They will learn a variety of steps and combinations.	<u>2 month sessions</u> Students will learn pom techniques and dance moves.
<u>Get on the Ball</u>	<u>Stroller Workout</u>	<u>Adult Tap</u>	<u>Pom</u>
<u>9:00a-9:55a M&W</u>	<u>10:00a-11:00a M&W</u>	<u>7:30p-8:30p M</u>	<u>4:30p-5:30p T</u>
<u>Ages 16 and Up</u>	<u>Ages 6 wks-1 year</u>	<u>Ages 18 and Up</u>	<u>Ages 6 and Up</u>
<u>Both Gyms</u>	<u>Both Gyms</u>	<u>NSMR</u>	<u>NSMR</u>
<u>\$35.00 per month</u>	<u>\$35.00 per month</u>	<u>\$70.00 per session</u>	<u>\$70.00 per session</u>
A great exercise that uses the stability balls and resistance tubing for core stabilization.	<u>2 month sessions</u> Fitness program for new moms and their babies. A great socializing experience.	<u>2 month sessions</u> Learn basic tap combinations. Also a fun way to exercise.	<u>2 month session</u> Students will learn pom techniques, and jazz hip/hop combinations.
<u>Tai Chi</u>	<u>Tap</u>	<u>Tap Hip/Hop</u>	<u>Pom Advanced</u>
<u>9:30a-10:15a T&TH</u>	<u>5:00p-5:30p M</u>	<u>6:30p-7:30p M</u>	<u>5:00p-6:00p TH</u>
<u>Ages 19 and Up</u>	<u>Ages 2-5</u>	<u>Ages 12 and Up</u>	<u>Ages 10 and Up</u>
<u>NSMR</u>	<u>NSMR</u>	<u>NSMR</u>	<u>NSMR</u>
<u>\$25.00 per session</u>	<u>\$40.00 per session</u>	<u>\$70.00 per session</u>	<u>\$70.00 per session</u>
<u>2 month sessions</u>	<u>2 month sessions</u>	<u>2 month sessions</u>	<u>2 month session</u>
A simple and easy form of stretching.	Learn how to tap, and learn other dance moves as well as group work.	An upbeat class learning tap and hip/hop combinations.	A high energy class learning jazz and hip/hop dance moves.

OVER →

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Jazzercise

4:30p-5:30p T&TH

Ages 13 and Up

NSMR

\$88.00 per session

2 month sessions

1 time \$30.00
registration fee to
Jazzercise Inc.

A fun and effective way
to lose weight while still
having fun.

Jazzercise

6:00p-7:00p M&W

Ages 13 and Up

NSMR

\$88.00 per session

2 month sessions

1 time \$30.00
registration fee to
Jazzercise Inc.

A fun and effective
way to lose weight
while still having fun.

Jazzercise

7:00p-8:00p T&TH

Ages 13 and Up

NSMR

\$88.00 per session

2 month sessions

1 time \$30.00
registration fee to
Jazzercise Inc.

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while still having fun

Family Kung Fu

6:00p-7:00p T&TH

Ages 6 and Up

NSMR

\$25.00 per session

A great class for the
family to teach self
defense and exercise.

Back and Abs 101

6:00p-6:50p T&TH

Ages 16 and Up

Gym #2

\$35.00 per month

This class focuses on
strengthening your core
and back muscles. It is
a great way to improve
posture

YOGA

12:00p-1:00p T&TH

Ages 8 and Up

Study Room

\$35.00 per session

This class is designed
for yoga lovers to enjoy
new techniques of re-
laxation and stress re-
duction.

Junior Golf at Battle Creek

3:00p-4:00p Sat

Ages Beginners

Battle Creek Golf
Course

\$90.00 per session

5 week sessions

Contact Amanda
Fisher at:
918-557-8762

Pee Wee Golf

4:15p-5:00p Sat

Ages 3-6

Battle Creek Golf
Course

\$15.00 per session

Contact Amanda
Fisher at:
918-557-8762

Ladies Learn To Salsa

7:00p-8:00p W

Ages 13 and Up

NSMR

\$40.00 per session

A great workout
learning the basic
salsa steps. →

OVER